Sun Protection Policy

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

- Skin cancers account for 80% of all new cancers diagnosed in Australia each year.
- Melanoma is the most diagnosed cancer for 15-44 year olds.
- In the Northern Territory due to our climate, the UVR levels are high all year round.

With this in mind O’Loughlin Catholic College realizes the need to protect children’s skin and educate them about Sun Protection behavior, thus reducing the risk of skin damage from exposure to the sun.

Objectives

The goals of the Sun Protection Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school’s Sun Protection policy.

Our Sun Protection Strategies:

All students and staff use a combination of sun protection measures whenever the UV index reaches 3 and above to ensure they are well protected. Particular care is taken between 10am and 2pm when UV Index levels reach their peak.

Our Sun Protection Policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Shade

The College makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate at lunch, canteen and outdoor lesson times.

In consultation with the College, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and outdoor activities.
Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats are asked to stay in the shade.

**Hats**

Students and staff are encouraged to wear hats all year round that protect their face, neck and ears, i.e. the College bucket hats whenever they are outside.

**Sunscreen**

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students’ use. Sunscreen applied at least 20 minutes before going outdoor and reapplied every two hours if outside for long periods.

**Role Modelling**

Staff act as role models by:

- Wearing sun protective hats
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats and sunscreen) when participating in and attending outdoor school activities.

**Curriculum**

Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum.

Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.

Sun protection behavior is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student and teacher activities and at student enrolment interviews.

**Review**

The College Board, staff and SRC monitor and review the effectiveness of the Sun Protection Policy every three years and revise the policy when required.